

Full Report (All Nutrients) 01214, Milk, canned, evaporated, without added vitamin A and vitamin D

Report Date: December 09, 2015 18:06 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fl oz 31.5g	1 can (13 oz) 369g	0.5 cup 126g
Proximates								
Water	g	74.04	15	0.085	186.58	23.32	273.21	93.29
Energy	kcal	135	--	--	340	43	498	170
Energy	kJ	567	--	--	1429	179	2092	714
Protein	g	6.81	55	0.033	17.16	2.15	25.13	8.58
Total lipid (fat)	g	7.56	15	0.005	19.05	2.38	27.90	9.53
Ash	g	1.55	5	0.023	3.91	0.49	5.72	1.95
Carbohydrate, by difference	g	10.04	--	--	25.30	3.16	37.05	12.65
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	10.04	--	--	25.30	3.16	37.05	12.65
Minerals								
Calcium, Ca	mg	261	39	8.978	658	82	963	329
Iron, Fe	mg	0.19	59	0.011	0.48	0.06	0.70	0.24
Magnesium, Mg	mg	24	6	0.716	60	8	89	30
Phosphorus, P	mg	203	37	8.254	512	64	749	256
Potassium, K	mg	303	10	8.691	764	95	1118	382
Sodium, Na	mg	106	10	3.361	267	33	391	134
Zinc, Zn	mg	0.77	26	0.027	1.94	0.24	2.84	0.97
Copper, Cu	mg	0.016	--	--	0.040	0.005	0.059	0.020
Manganese, Mn	mg	0.006	--	--	0.015	0.002	0.022	0.008
Selenium, Se	µg	2.3	13	0.280	5.8	0.7	8.5	2.9
Fluoride, F ¹ ₂	µg	8.5	19	1.113	21.4	2.7	31.4	10.7
Vitamins								
Vitamin C, total ascorbic acid	mg	1.9	32	0.217	4.8	0.6	7.0	2.4
Thiamin	mg	0.047	42	0.002	0.118	0.015	0.173	0.059

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Riboflavin	mg	0.316	41	0.006	0.796	0.100	1.166	0.398
Niacin	mg	0.194	36	0.010	0.489	0.061	0.716	0.244
Pantothenic acid	mg	0.638	5	0.032	1.608	0.201	2.354	0.804
Vitamin B-6	mg	0.050	21	0.002	0.126	0.016	0.184	0.063
Folate, total	µg	8	1	--	20	3	30	10
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	8	1	--	20	3	30	10
Folate, DFE	µg	8	--	--	20	3	30	10
Choline, total	mg	31.3	--	--	78.9	9.9	115.5	39.4
Vitamin B-12	µg	0.16	9	0.015	0.40	0.05	0.59	0.20
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	65	--	--	164	20	240	82
Retinol	µg	64	--	--	161	20	236	81
Carotene, beta	µg	15	--	--	38	5	55	19
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	239	--	--	602	75	882	301
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.16	--	--	0.40	0.05	0.59	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.1	--	--	0.3	0.0	0.4	0.1
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	0.3	0.0	0.4	0.1
Vitamin D	IU	6	--	--	15	2	22	8
Vitamin K (phylloquinone)	µg	0.6	--	--	1.5	0.2	2.2	0.8
Lipids								
Fatty acids, total saturated	g	4.591	--	--	11.569	1.446	16.941	5.785
4:0	g	0.195	1	--	0.491	0.061	0.720	0.246
6:0	g	0.134	1	--	0.338	0.042	0.494	0.169
8:0	g	0.054	2	--	0.136	0.017	0.199	0.068
10:0	g	0.110	11	0.017	0.277	0.035	0.406	0.139
12:0	g	0.161	12	0.015	0.406	0.051	0.594	0.203
14:0	g	0.733	12	0.035	1.847	0.231	2.705	0.924

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16:0	g	2.027	12	0.060	5.108	0.639	7.480	2.554
18:0	g	0.921	12	0.027	2.321	0.290	3.398	1.160
Fatty acids, total monounsaturated	g	2.335	--	--	5.884	0.736	8.616	2.942
16:1 undifferentiated	g	0.159	12	0.012	0.401	0.050	0.587	0.200
18:1 undifferentiated	g	2.101	12	0.049	5.295	0.662	7.753	2.647
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.245	--	--	0.617	0.077	0.904	0.309
18:2 undifferentiated	g	0.167	12	0.017	0.421	0.053	0.616	0.210
18:3 undifferentiated	g	0.078	2	--	0.197	0.025	0.288	0.098
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	29	--	--	73	9	107	37
Amino Acids								
Tryptophan	g	0.096	--	--	0.242	0.030	0.354	0.121
Threonine	g	0.307	--	--	0.774	0.097	1.133	0.387
Isoleucine	g	0.412	--	--	1.038	0.130	1.520	0.519
Leucine	g	0.667	--	--	1.681	0.210	2.461	0.840
Lysine	g	0.540	--	--	1.361	0.170	1.993	0.680
Methionine	g	0.171	--	--	0.431	0.054	0.631	0.215
Cystine	g	0.063	--	--	0.159	0.020	0.232	0.079
Phenylalanine	g	0.329	--	--	0.829	0.104	1.214	0.415
Tyrosine	g	0.329	--	--	0.829	0.104	1.214	0.415
Valine	g	0.456	--	--	1.149	0.144	1.683	0.575
Arginine	g	0.247	--	--	0.622	0.078	0.911	0.311
Histidine	g	0.185	--	--	0.466	0.058	0.683	0.233
Alanine	g	0.235	--	--	0.592	0.074	0.867	0.296
Aspartic acid	g	0.517	--	--	1.303	0.163	1.908	0.651
Glutamic acid	g	1.426	--	--	3.594	0.449	5.262	1.797
Glycine	g	0.144	--	--	0.363	0.045	0.531	0.181

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 252g	1 fl oz 31.5g	1 can (13 oz) 369g	0.5 cup 126g
Proline	g	0.660	--	--	1.663	0.208	2.435	0.832
Serine	g	0.370	--	--	0.932	0.117	1.365	0.466
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹J.D.B. Featherstone, Carol Shields A Study of Fluoride Intake in New York State Residents, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion